



FINAL INFORMATION

THE WALL DUATHLON 20TH APRIL 2019

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We hope all your training and preparation for The Wall Adventure Duathlon has gone well. We have a few announcements to make in relation to the event. It is **IMPORTANT** that you read all the information contained in this document.

Kit requirements are listed on the website under the "FAQ" section please use common sense when preparing for the event. There is also a lot of other information contained on the website - take time to read through it.

ARRIVAL, CAR PARKING & CARPOOLING

Event Location - Silent Valley Mountain Park, Head Road, Annalong, Newcastle, BT34 4HU

Car parking will be clearly signposted and all participants **MUST** park in the designated car parking area at Silent Valley. Do not park on the road outside Silent Valley as the cost of entry to Silent Valley (£5.00) is included in your race fee.

EVENT REGISTRATION & RACE START

Saturday 20th April 2019 -

Pack Collection 8.30am - 9.30am

Race Briefing - 9.45am

Race Start - 10am

** Please arrive early and allow plenty of time to register and chat to fellow competitors about what lies ahead! You will only have to give your surname at registration and you will then be given your timing chip.

FEED STATIONS

We will have water, flat coke, jelly sweets and fruit cake at the following locations:-

End of 1st Run - 3km

End of Cycle - 45km

5.5km into 2nd Run

10km into 2nd Run

Please note there will be NO feed station at Fofanny as previous years. Ensure you carry enough food and water to last you thought the 45km cycle. There is an opportunity to fill water bottles at the start finish area. If you're stuck for some snacks for the ride don't be afraid to ask and we will sort you out.

SAFETY NOTICE

Competitors should be aware that due to recent legislation changes, marshals, staff or competitors cannot stop or disrupt traffic flow to accommodate this event. As such, all competitors must be aware that the **roads are open, and that they must adhere to all traffic laws when navigating the course on bike and on foot**. This means stopping at junctions, respecting traffic lights and being mindful of all other road users and legal rights of way. The safety of all competitors on this event, our staff and the public are large are our number one priority on this event.

RACE INFORMATION / WEATHER & GEAR CONSIDERATIONS

The event will take the following format:

- 3km Trail Run in Silent Valley
- 45km Road Cycle
- 15km Final Run

Weather is currently reading for morning clouds followed by afternoon sun. High of 16c. Winds SSW at 15 to 30 km/h.

The first run being in good ground should be fine, but please take into consideration the couple of grassy sections that could be slippery. We do not encourage people to use road shoes for this stage.

There is a chance, with the clouds that the cycle could be wet early on so please ensure your equipped with a waterproof/windproof layer.

The majority of the run is on a quick draining surface with the exception of a short, steep descent from the Binnian/Lamagan saddle to the Dam. This section WILL be slippery and require care to be taken. Again, dress appropriately for cold wet underfoot conditions.

ROUTE MARKING

We have been working with Mourne Heritage trust to develop best practice for way marking of large events.

The routes will be marked with yellow pointer arrows, large 2ftx2ft sign boards. The mountain stage will be marked with 6ft tall fluorescent poles and small flags.

When on the course please don't hesitate to ask for help. If you feel unwell, become sick or sustain an injury seek help as soon as possible. There are Medicals, and REC2 Marshals throughout the course. We are there to help. Equally if you see a fellow competitor in need of help please do the best you can.

At NO STAGE will the route cross over the Mourne Wall. Competitors are strictly prohibited to cross, climb on, or walk on top of the wall. Any competitor that does so will be disqualified.

EVENT TIMING

We will be using ankle strap timing again this year, so no punching in required, your times will be split by your arrival and departure from transition area. You will wear a strap on your ankle, and you will have a race number that you must have visible on the final run, but wear at all times.

OTHER INFORMATION

Competitors rubbish and leave no trace policy - Please take all the rubbish you create (gel/bar/sweet wrappers etc) with you to the finish line or drop it in the bags provided at the Water Stations. We cannot tolerate any littering on the roads or mountain whatsoever and your cooperation would be greatly appreciated in this matter.

There will be event marshals and medics present at feed stations, roving throughout the cycle, transition area and also on the mountain section. Transition area will be manned at all times to ensure safety of your belongings.

Other event services on site at the finish line

- Finishers medal
- T-Shirt posted to all finishers
- Hot food, tea & Coffee...and beer...!

EVENT SOCIAL MEDIA

Join in with the event build up and watch as it unfolds.



Hopefully that is all for now and we look forward to seeing all of you on race day. Once again please allow plenty of time for getting to Silent Valley.

If anyone has any queries please do not hesitate to contact us at info@26extreme.com. All we have left to do is wish everyone a safe journey to Silent Valley for the event this weekend.

Cheers,
All the Team

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